



Physical fitness has always been one of the prime purposes of the Boy Scouts of America, so this program feature is right on target. Our aim in athletics is not to produce super athletes but to promote fitness; to encourage Scouts to make steady improvement in strength, coordination, and agility; and of course, to have fun.

Troop meetings will include plenty of physical activity, as well as some instruction in the importance of good nutrition and abstinence from smoking, alcohol, and other drugs.

The big event will be a field day with various types of athletic competition. The patrol leaders' council might want to arrange for an intertroop competition by inviting other troops. The objective should be physical fitness and fun, not just winning. The field day can be a 1-day event or the highlight of a weekend campout; ideas for both are included.

SCOUTING OUTCOMES

This month's patrol and troop activities should give your Scouts:

- A greater understanding that physical fitness is essential for a fulfilling life.
- Awareness that they can improve their fitness with regular exercise, adequate diet and rest, and abstinence from smoking, drugs, and alcohol.
- Enhanced self-confidence as a result of improving physical fitness.
- Practice in teamwork and decision-making.
- An appreciation for the concentration athletes must have to become tops in their sport.

ADVANCEMENT OPPORTUNITIES

By the end of the month, all Scouts should have met the majority of their basic camping and cooking requirements through First Class. Depending on the campout activities, they may also complete all or part of the following rank requirements:

Tenderfoot

- Outdoor—Hiking, camping
- Citizenship—Flag ceremonies
- Patrol/troop participation—Patrol identification
- Personal development—Scout Oath and Law
- Physical fitness—Health, conditioning

Second Class

- Outdoor—Camping, hiking
- Citizenship—Flag ceremonies
- Patrol/troop participation—Patrol identification
- Personal development—Scout Oath and Law
- Physical fitness—Health, conditioning, drug awareness

First Class

- Outdoor—Cooking, camping, nature, hiking
- Citizenship—Flag ceremonies
- Patrol/troop participation—Patrol identification
- Personal development—Scout Oath and Law
- Physical fitness—Health, conditioning, drug awareness

Merit Badges. Older Scouts can concentrate on the Athletics merit badge this month and should be able to complete many of the requirements. Depending on activities during the month, they may also cover requirements in Cooking, Hiking,